

UTILITY OF MINDFULNESS OF DEATH FOR EFFICACIOUS BEING

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ABSTRACT

Recollection of death is one of the meditation subjects which comes under the ‘ten recollection’ (*dasa-anussati*) among the forty subjects of tranquility meditation (*samatha bhāvanā*). In common sense, though death is the pessimistic subject to think and talk it has indisputably availed as meditation subject in early Buddhism and later Buddhist fraternities. This research paper discloses how it can be utilized for efficacious being and why this ominous subject selected as meditation subjects, and finally investigates its modern implication through commercial, political, social and professional careers. As a qualitative research this paper outstandingly is based on the Discourse of Second Mindfulness of Death of *the Numerical Discourses of the Buddha (Aṅguttaranikāya)* and other discourses in the Pali Sutta Piṭaka. In the above discourse, there are eight causes of death which should be mindful namely; snake bite, scorpion or centipede sting, stumble and fall down, food allergy, agitation three *doṣas*, and human or wild spirits attack. War and terrorism, accidents, infectious and noninfectious diseases, and murder are key reasons for death in contemporary world. Adherents should recollect death twice per day; day and night but that is not essential to follow very famous cross legged meditation posture. Recollection of death supports adherents to change their immortal (*sassata*) attitudes not only towards themselves but also towards the society associated with nationality, colour, gender etc. It overcomes individual and collective violence which runs under the name of religion, socio economics and politics. Political agenda focused on power and resource has given rise to terrorism, poverty, and insecurity all over the world. Environment is destroyed by commercialized vice without concerning its sustainability. Thus, this research paper proposes the necessity of recollection of death for efficacious being who protects himself and others.

KEYWORDS

Recollection of Death, *Maraṇānussati*, *Maraṇasati*, Meditation, *Bhāvanā*